



The area around Cave Run Lake has a network of scenic trails designed for non-motorized use. Separate trails are designated for horses and mountain bikes. All trails are open to hikers. The trails provide access to popular destinations, such as campgrounds and picnic areas.

The horse trails are open from May 15 to December 15. Mountain bike trails are open year-round. Hikers may use these trails any time of year.

## Cave Run Lake Trails



# Cave Run Lake Trail Guide

## Daniel Boone National Forest

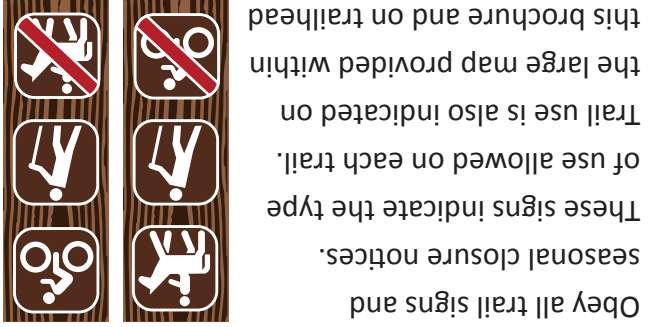


**Location**  
Cave Run Lake, located on the Cumberland Ranger District of the Daniel Boone National Forest, is located 60 miles east of Lexington, Ky. Exits 123, 133 and 137 off Interstate 64 provide access.

- **Horseback Riding Tips**
  - Ride only on designated horse trails, which are noted on trailhead signs.
  - Riders must have and retain proof of a current negative Coggins Test and a certificate of veterinary inspection (health certificate) for their horse.
  - Wear appropriate safety gear.
  - Do not tie horses to trees. Use a highline with tree-saver straps to tether your horse to a tree, or use designated horse tie ups.
  - Watch for approaching vehicles on Forest Service roads.
  - To protect water quality, keep horses at least 100 feet from water.
- **Mountain Biking Tips**
  - Mountain bikers should ride only on designated bike trails, which are noted on trailhead signs.
  - Wear appropriate safety gear.
  - Maintain control of your speed at all times. Approach turns in anticipation of someone coming around the bend.
  - Be courteous when approaching other trail users. Let them know you are coming.
  - Tread lightly® to avoid causing soil erosion. Stay on the trail. Do not take shortcuts.

- **Trail Rules**
  - Help protect natural resources and minimize damage to trails. When you follow these rules, you help maintain quality trail systems for all to enjoy.
  - Stay on designated trails. No cross country travel. Don't shortcut switchbacks.
  - Obey trail designations as signed.
  - Respect seasonal closures. Avoid using trails when wet.

## Share the Trail



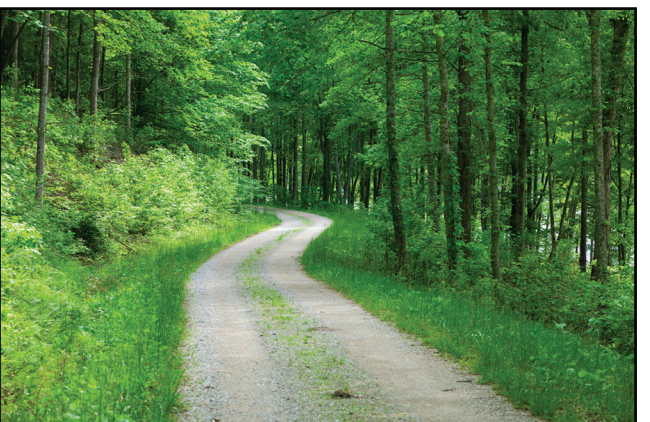
## Trail Use Designations



**Alcohol is prohibited.** Kentucky law prohibits consumption and open containers of alcohol in public places, including Kentucky lakes and waterways.

**Food storage is required.** Unless cooking or eating, store your food inside a hardtop vehicle, the trunk of a car or a bear-resistant container. Store your food garbage in the same manner where trash cans are not installed. When camping in the backcountry hang your food at least 10 feet off the ground and four feet away from a tree.

**You are responsible for your own safety.** All outdoor activities have inherent risks. You may encounter a variety of unexpected and/or dangerous conditions. It is your responsibility to be informed and take precautions. Learn more at [www.fs.usda.gov/r8](http://www.fs.usda.gov/r8).



Forest Service photo.



## Seasonal Trail Closures

- Horse use is permitted on designated trails only.
- Cross country travel by horseback is prohibited.
- Hiking is permitted on all non-motorized trails.

## Trail Use Designations

## Pioneer Weapons Wildlife Management Area

This 7,610-acre tract is set aside for hunting with primitive weapons, such as muzzle-loading firearms, bows and crossbows. This area is cooperatively managed for wildlife by the Forest Service and the Kentucky Department of Fish and Wildlife Resources. Habitat improvements for wildlife include grassy openings and ridge-top waterholes.

## Twin Knobs Recreation Area

The wooded peaks that surround Cave Run Lake provide the perfect setting for this 700-acre recreation area. More than 200 campsites accommodate RV or tent camping. The amenities include bath houses with showers and flush toilets, three group-use areas, foot trails, scenic overlooks, boat ramps and a large swimming beach. Amphitheater programs and other activities are regularly scheduled.

## Zilpo Recreation Area

Located on a 355-acre wooded peninsula of Cave Run Lake, Zilpo features 166 campsites and 12 cabins within walking distance of the lakeshore. The facilities include bath houses with showers, some electrical sites, hiking and jogging trails, a boat ramp, a country store and a large swimming beach.



Volunteering is a fun and rewarding way to learn new skills while experiencing nature and the outdoors. Report fallen trees, missing signs and other trail damage to help provide a better trail for everyone. Contact a district office for more information about how you can help.

## Becoming a Trail Steward



Cave Run Lake. Istock photo.

Cave Run Lake provides 8,270 acres of open water for boating, skiing and fishing. This lake was developed by the U.S. Army Corps of Engineers in the 1970s, primarily for flood control. The lake supplies water to local communities and offers habitat for various species of fish and wildlife.

## Clear Creek Recreation Area

Located near a quiet stream, this recreation area features 21 campsites, vault toilets and drinking water. The historic Clear Creek Iron Furnace and a picnic area are located nearby. No electricity is available.

## White Sulphur Horse Camp

This primitive camping area was developed for horseback riders. The parking area can accommodate rigs up to 50 feet long. Picket lines and a watering trough are available for horses. The camp has vault toilets. No electricity is available.

- **Safety on the Trails**
  - Take a companion with you on the trail.
  - Tell someone where you're going and when you're expected to return home.
  - Carry some basic first aid items.
  - Hunting is allowed on national forest lands under state regulations. Take appropriate safety precautions, such as wearing safety orange during hunting seasons.
  - Much of the forest is remote, so cell phone service may not be available in many locations.
  - Carry a whistle to alert someone for help.
  - Bring your own water. Stream water is unsafe to drink.
  - During drought conditions, use a camp stove instead of building a campfire. Check the forest website or call the district office for information about fire restrictions.
  - Be weather wise. Prepare ahead for bad weather.
  - Camp on high ground away from rivers and streams. Water levels can rise quickly during rainstorms, causing a flash flood.
  - Look up for trees with broken limbs or tops. Do not camp or picnic under snags or dead trees.
  - Watch your footing near cliffs and avoid hiking or riding the trail after dark.



Forest Service photo.

## Camping

Camping is allowed in the general forest area if you are camping at least 300 feet away from the trail or any water resource. Camping and firebuilding are prohibited in or near rock shelters.

Developed campgrounds near Cave Run Lake are Clear Creek Campground, Twin Knobs Recreation Area and Zilpo Recreation Area. White Sulphur Horse Camp is a primitive campground for horseback riders. The parking area can accommodate up to 30 vehicles with a trailer, up to 50 feet long. Picket lines and a watering trough are available for horses.

## Firewood

Invasive pests can be introduced to the forest if you bring firewood from another location. Help prevent the spread of invasive pests by using camp stoves or purchasing firewood locally. Burn all firewood and completely extinguish your campfire before leaving the site. Never leave a campfire unattended.

No.	Trail Name and Description	Use
116	Cave Run Lake Trail. Connects Buck Creek #118 to Leatherwood Loop #116A. Located within Pioneer Weapons Wildlife Management Area. Trail follows old logging roads and limestone benches.	Hiking, Biking, Horseback
116A	Leatherwood Loop Trail. Incorporates old timber road to make a loop. Winds through cliff-lined areas and follows Leatherwood Creek adjacent to Leatherwood Road.	Hiking, Biking, Horseback
118	Buck Creek Trail. Begins at Clear Creek Campground, crossing over Zilpo National Forest Scenic Byway 918. Follows Buck Creek along an old gravel road and dirt trail, eventually connecting to Cave Run Trail #116.	Hiking, Biking, Horseback
121	Carriage Branch Trail. Trail begins at private campground off KY 36, then climbs up a steep hillside with switchbacks before entering national forest land. Follows the ridge before joining Forest Service Road 912.	Hiking, Biking, Horseback
122	Lakeview Ridge Trail. Begins across from Shallow Flats Wildlife Viewing Area off KY 801. Travels north along the ridge to connect with Sheltoe Trace #100. Traveling west leads to the Cumberland Ranger District office.	Biking, Hiking
123	Carriage Rock Trail. Begins at a private campground off KY 36 and ascends on the north side of Carriage Rock and finally meanders around to the east side. Joins Forest Service Road 908.	Hiking, Biking, Horseback
MI.	<b>SHELTOE TRACE NATIONAL RECREATION TRAIL.</b> This trail traverses nearly 290 miles across the Daniel Boone National Forest. The Sheltoe Trace is considered the backbone of interconnecting trail systems on national forest system lands, providing links to other trails along the way.	Difficulty
MI.	<b>Difficulty</b>	MI.

No.	Trail Name and Description	Use
103	Clear Creek Lake Trail. Accessed from Clear Creek Boat Ramp. Begins of Clear Creek Lake for a 9-mile loop. Popular loop trail with close proximity to I-64 and recreational attractions.	Hiking, Biking, Horseback
104	Tater Knob Trail. Starts at Tater Knob Fire Tower parking area, follows the ridge southward, and then descends steeply along an old timber road. Ends at Buck Creek Trail #118, which is also Forest Service Road 908. (Tater Knob Fire Tower is closed to visitation due to damage.)	Biking, Hiking
106	Hog Pen Trail. Begins where the trail intersects with trails #112 and #107. Hog Pen Trail continues eastward along Forest Service Road 1225 and ends at the intersection of Buckskin Trail #113.	Biking, Hiking
107	Cross Over Trail. Begins at intersection of Hog Pen Trail #106 and Cave Run Trail #112 in the Pioneer Weapons Wildlife Management Area. Follows gravel Forest Service Road 1225 south along the ridge to Zilpo National Forest Scenic Byway 918. Continues south, crossing 918 to join Buck Creek Trail #118.	Biking, Hiking
108	Connector. Connects Cave Run Trail #112 with Buckskin Trail #113 in the Big Cave Run Bottom within the Pioneer Weapons Wildlife Management Area.	Hiking, Biking, Horseback
109	Limestone Bike Trail. Begins at the Sheltoe Trace #100 Section 8 and travels south, then reconnects with the Sheltoe Trace near the Limestone Connector #109A. Includes 4 new loops.	Biking, Hiking
109A	Limestone Connector. Begins at US 60 and travels south, crossing a swinging bridge over Triplet Creek, then ends at the Sheltoe Trace on Limestone Ridge.	Biking, Hiking
112	Cave Run Trail. Begins near the shores of Cave Run Lake and Reynolds Hollow. Climbs southward to intersect with Hog Pen Trail #106 and Cross Over Trail #107. Goes south into Big Cave Run drainage and back to Zilpo National Forest Scenic Byway 918. Ends at the Tater Knob parking area. (Tater Knob Fire Tower is closed to visitation due to damage.)	Biking, Hiking
113A	Zilpo Connector. Begins at the Buckskin trailhead and travels north between Zilpo National Forest Scenic Byway and the shoreline. It ends at the entrance to Zilpo Recreation Area.	Biking, Hiking
113	Buckskin Trail. Follows Cave Run lake shore westward to the intersection of Connector Service Road 1225 and Hog Pen Trail #106. Turn right to follow road and pass pond before returning to single track trail. Follow west again along the lakeshore to the intersection of Cave Run Trail #12.	Biking, Hiking
115	White Sulphur Trail. Begins at the White Sulphur Horse Camp with an easy short loop for beginning riders. The loop is 2.5 miles. The trail then heads south toward White Sulphur Road, paralleling the ridge before climbing away from White Sulphur Road and eventually intersecting with Sheltoe Trace #100 near Zilpo National Forest Scenic Byway 918.	Hiking, Biking, Horseback
115A	White Sulphur Trail Connector. Short trail connects White Sulphur #115 from White Sulphur Horse Camp to Sheltoe Trace #100.	Hiking, Biking, Horseback
MI.	<b>Difficulty</b>	MI.



Cave Run Lake Trail Use Guide

Please use this legend and map to determine type and season of trail use.

Horse trails, indicated by a green horse symbol and green dashed lines, are open from May 15 to December 15.

Mountain bike trails, indicated by a purple biking symbol and purple dashed lines, are open year round.

Hiking trails, indicated by a blue hiking symbol and blue dashed lines, are open year round. All trails are open to hiking except for White Sulphur OHV trail system, which is open to hiking Dec. 1 to April 30.

**Hiking Trail**  
Blue dashed line with adjacent blue hiking symbol. Foot use only.

**Biking and Hiking Trail**  
Purple dashed line with adjacent purple biking symbol. Foot and biking use; no horses.

**Horse and Hiking Trail**  
Green dashed line with adjacent green horse symbol. Foot and horse use; no bikes.

**Biking and Hiking on Forest Road**  
Purple dotted line with adjacent purple biking symbol. Foot, biking and motor vehicle use; no horses

**Horse and Hiking on Forest Road**  
Green dotted line with adjacent green horse symbol. Foot, horse and motor vehicle use; no bikes.

**Horse and Hiking, Special Use**  
Solid light blue line with adjacent green horse symbol. Foot and horse use, no bikes.

**Biking, Horse and Hiking, Shared Use**  
Dark blue dashed line with adjacent green horse and biking symbol. Biking, horse and foot use.

**White Sulphur OHV Trail System**  
Red dashed line with adjacent OHV symbol. Open to OHV use May 1 - Nov. 30. Hiking only Dec. 1 - April 30.

**Horse and Hiking Use All Year**  
Pink fuzzy line with adjacent green horse symbol. Open to horse and foot use all year; no bikes.

60 US Highway  
519 KY Highway  
129 County Road  
964A Forest Road  
1033 Forest Trail  
918 Byway

Gate  
Lake/Streams  
National Forest  
Pioneer Weapons WMA  
Private  
Ky. Fish and Wildlife  
Corps of Engineers

Ranger Station  
Trailhead  
Dam  
Fish Hatchery  
Campground  
Horse Camp  
Picnic Area  
Marina

Boat Ramp  
Fishing Site  
Range  
Fire Tower  
Scenic Vista  
Tie Up  
Fee Area

